

June Newsletter



Creative Speech Solutions LLC
PEDIATRIC THERAPY CENTER

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Highlighted Information:

1. Register for Camp PAL: Limited Spots!
2. Open for Summer Scheduling!
3. June is Aphasia Awareness Month
4. Speech Therapy: Aphasia
5. June is Dysphagia Awareness Month
6. Testing for Dysphagia
7. Local June Activities/Splash Parks



BE SURE TO FOLLOW US ON SOCIAL MEDIA FOR WEEKLY UPDATES AND NEWS!



creativespeechsolutions



Creative Speech Solutions,
LLC



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Creative Speech Solutions LLC
PEDIATRIC THERAPY CENTER

July 11th - August 17th 2023
Tuesdays, Wednesdays, and
Thursdays 1:30 - 4:30 pm

SOUTHERN BOULEVARD ELEMENTARY SCHOOL
192 SOUTHERN BLVD., CHATHAM, NJ 07928

Beach

ADVENTURES



Camping

ADVENTURES



Limited spots
available!

[CLICK HERE TO REGISTER](#)

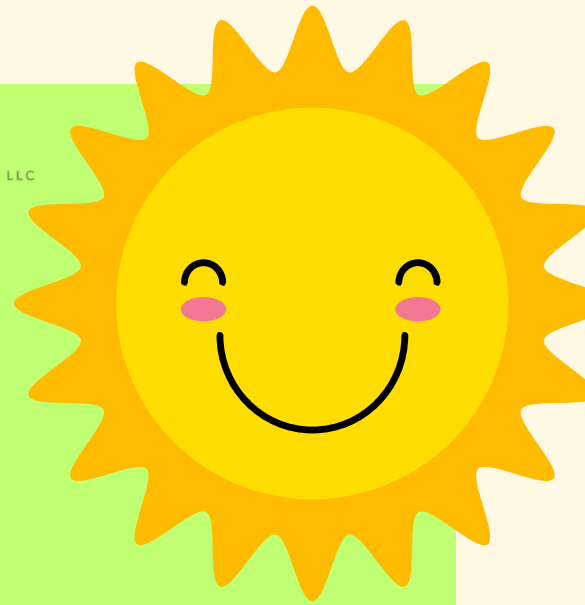


Animal

ADVENTURES



Creative Speech Solutions LLC
PEDIATRIC THERAPY CENTER



OPEN

for

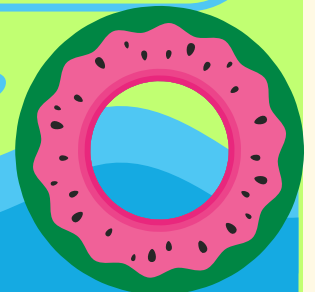
SUMMER SCHEDULING



Summer is the perfect time to add extra sessions and catch up therapy.

Extra summer sessions help children make therapeutic gains while school is out, to catch up and be ready for school in September!

Click here to fill out the [Summer Scheduling Form](#)





Aphasia is a language disorder that affects a person's ability to communicate. It can occur suddenly after a stroke or head injury, or develop slowly from a growing brain tumor or disease. Aphasia affects a person's ability to express and understand written and spoken language. Once the underlying cause is treated, the main treatment for aphasia is speech therapy.



How speech and language therapy can help

For people with aphasia, speech and language therapy aims to:

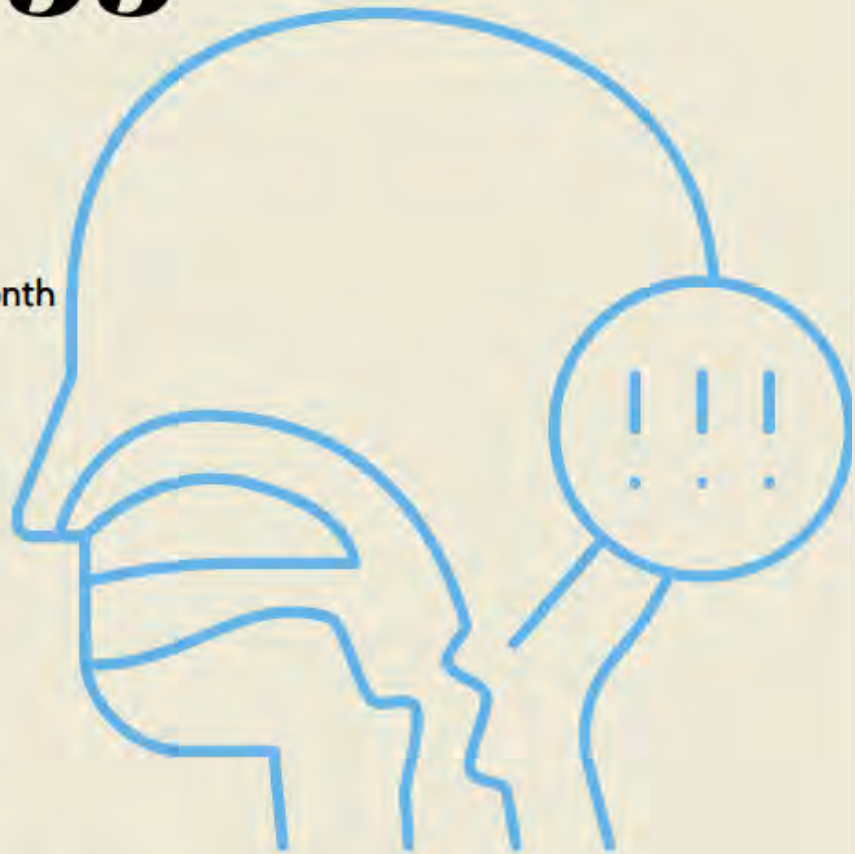
- help restore as much of your speech and language as possible (reduce impairment)
- help you communicate to the best of your ability (increase activity and participation)
- find alternative ways of communicating (use compensatory strategies or aids)
- provide information to patients and their relatives about aphasia
- How the therapy is carried out will depend on your circumstances.
- An intensive course of speech and language therapy may be recommended for some people. This involves a number of sessions given in a shorter period of time.
- But speech and language therapy can be exhausting, and an intensive course of treatment won't be suitable for everyone.
- For some people, shorter and less intensive sessions may be recommended.
- Therapy may be individual sessions, in groups, or using technology such as computer programs or apps.
- For many people with aphasia caused by stroke, the most rapid changes are early on in the weeks and months after their stroke.
- But improvements can continue to be seen many years, and even decades, later.

Speech and language therapy techniques

- The specific techniques used and the aims of the treatment will depend on each person's circumstances.
- If you have difficulty understanding words, your SLP may ask you to carry out tasks such as matching words to pictures or sorting words by their meaning.
- The aim of these tasks is to improve your ability to remember meanings and link them with other words.
- If you have difficulty expressing yourself, your SLP may ask you to practice naming pictures or judge whether certain words rhyme.
- They may also ask you to repeat words that they say, with prompting if necessary.
- If you're able to complete tasks with single words, your therapist will work on your ability to construct sentences.
- Some techniques may involve working with a computer. Other methods may include group therapy with other people with aphasia, or working with family members.
- This will allow you to practice conversational skills or rehearse common situations, such as making a telephone call.
- An increasing number of computer-based programmes and apps are available to help people with aphasia improve their language abilities. But it's important to start using these with the supervision of an SLP.

Dysphagia Awareness Month

June is National Dysphagia Awareness Month



What is dysphagia?

People with dysphagia have difficulty swallowing and may even experience pain while swallowing (odynophagia). Some people may be completely unable to swallow or may have trouble safely swallowing liquids, foods, or saliva. When that happens, eating becomes a challenge. Often, dysphagia makes it difficult to take in enough calories and fluids to nourish the body and can lead to additional serious medical problems.



Testing for Feeding and Swallowing Disorders

Talk to your child's doctor if you think they have a feeding or swallowing problem. Your doctor can test your child for medical problems and check their growth and weight. An SLP trained in feeding and swallowing can look at how your child eats and drinks. The SLP will take the following steps:

- ask questions about your child's medical history, development, and the problems they are having
- watch how your child moves their mouth and tongue
- watch your child eat to see how they pick up food, chew, swallow, and drink
- watch how your child behaves during meals
- do special tests, if needed
- The SLP can watch how your child swallows using two methods:
- Modified barium swallow study—your child eats or drinks food or liquid with barium in it. Barium shows up on an X-ray so the SLP can watch where the food goes.
- Endoscopic assessment—the doctor or SLP puts a tube with a light on the end of it into your child's nose. This scope has a camera on it, and the SLP can watch your child swallow on a screen.

The SLP may lead or work as part of a feeding team. Other team members may include

- an occupational therapist,
- a physical therapist,
- a physician or nurse,
- a registered dietitian,
- a developmental specialist,
- a social worker, and
- a lactation consultant.

The team will suggest ways to improve your child's feeding and swallowing.

Source: <https://www.asha.org/public/speech/swallowing/feeding-and-swallowing-disorders-in-children/>

Local June Activities

The Family Expo

When: Saturday, June 10th from 9 am-5 pm

Where: NJ Expo Center - 97 Sunfield Avenue Edison, NJ 08837

Cost: FREE

"The Family Expo connects families with products, services, businesses, and organizations that can assist them with making the most of living in the tri-state area. Kids can enjoy character meet and greets, face painting, magic shows, crafts, and more!"



Splash Parks

Looking for some summer fun? Splash parks are a great way to integrate water play and social interactions in a safe and fun way!

Lyndhurst Town Park

367 Valley Brook Ave Lyndhurst, NJ 07071

Spray park, swings, playground structure on a soft surface, and site for summer "Music under the Stars" concert series.

Van Saun Park

216 Forest Avenue Paramus, NJ 07652

Playground with multiple-age play areas, sprinkler, picnic areas, zoo, train ride, and carousel.

